

BEYOND BARRIERS

VOLUME 3 ISSUE 4

SIKESTON REGIONAL CENTER

WINTER 2003

A Coach Who Puts the "Special" in Special Olympics

I can remember the first time I met Ute Smith. I was at the swimming pool struggling to teach my daughter to swim – or I should say, “I was just at the point of getting her used to the water, and trying to teach her to kick her legs.” I recall seeing a swimming instructor working with several children. I was amazed by the way she worked with the children, and how she was able to ease their fear of the water. At that moment I thought to myself, “I wish my daughter could have a teacher like her someday.” I had no idea how to teach someone to swim, much less a child with Down Syndrome – I’m her mother, not an instructor. That day, Ute came to me with all of the boldness in the world and said, “I can teach your daughter to swim.” I was so excited! My wish had come true. That was about 2-1/2 years ago. Since then, she has learned how to swim better than I ever imagined possible. I am a strong believer that a teacher can make you or break you – they can make all the difference in the world to a child. In many cases, it’s not that the child can’t learn, but that they haven’t connected with that certain teacher who has the ability to teach them in a way so they can learn. All children have the ability to learn, just not in the same way, or at the same speed.

Ute, who is originally from South Africa, works as an occupational therapist at St. Francis Hospital in Cape Girardeau, and volunteers as a Special Olympics coach. She is the kind of instructor any parent would want working with their child. She has a true passion for helping others to achieve their goals and dreams. When asked to share some of her experiences with Special Olympics and as a trainer, Ute replied:

“My first encounter with Special Olympics occurred in 1990, while I was still in college. I was fortunate to have had the opportunity to watch athletes compete in track and field

events, as well as swimming events. I never thought that 10 years later, I would be coaching the Special Olympics Swim Team in Southeast Missouri.” By attending training sessions specifically designed to encourage and aid ordinary people, she has been certified to coach swimming, bowling, and basketball. “I enjoy swimming most because it’s the sport I know the most about,” says Ute. She has been coaching

swimming for four years, working with six to eight athletes at the Cape Central Pool from January through May. Ute has also been coaching basketball for four years. Fifteen athletes practice from January to March at the Arena Building in Cape Girardeau. In addition, she coaches bowling to 25 athletes at West Park Lanes from September through November. Skill levels within each sport vary from basic to advanced.

Ute encourages everyone who has an interest in coaching to become involved in Special Olympics. “My experiences have been, and continue to be, rewarding,” says Ute. She adds, “It is wonderful to see how these athletes

overcome obstacles by saying, ‘I can!’ To witness the athletes’ positive attitudes and determination is incentive in itself. There’s just nothing like it! It is such an incredible feeling to see someone overcome their fear of water, and progress to the first level of competition. Being a part of Special Olympics has allowed me to witness the development of friendships, the growth of confidence, and the attainment of invaluable life skills. I look forward to each and every swim practice, area and district tournament, and opportunity to coach.”

As a parent, I feel so fortunate that Special Olympics has such a dedicated, competent, and compassionate volunteer to coach the athletes in Southeast Missouri.

-Cindy Brotherton,
Parent Policy Partner



Special Olympics

“Let me win. But if I cannot win, let me be brave in the attempt.”

– Special Olympics Athlete Oath

Special Olympics is a **free** year-round sports training program. It offers people of all ages, who have disabilities, an opportunity to enjoy sports training and competition they wouldn’t normally get. Currently, 970 athletes and 692 volunteers participate in the following sports in Southeast Missouri: aquatics, basketball, bowling, floor hockey, soccer, softball and track and field. To find out more about Special Olympics and how to get involved, call Penny Blankenship at the Cape Girardeau Osage Community Center, 573-334-2859. Or, check out the Special Olympics Missouri website at www.somo.org.



Tech Time

(Web resources you won't want to miss!)

The Winners Club www.thewinnersclub.net lists hundreds of online contests and sweepstakes, freebies and deals, and even a Sweeps newsletter. It does not include contests with fees, snail mail sweepstakes listings, spam or pop-up ads.

Schwab Learning www.schwablearning.org is a parents' guide to helping kids with learning differences. Click on "Publications and Fact Sheets" for expert advice on a variety of topics, including fun activities to encourage reading.

Learn the Net www.learnthenet.com will teach you how to use the World Wide Web. Discover how to build a website, join a newsgroup, surf the web, protect yourself online, find information fast and understand how to email.

Quality Mall www.qualitymall.org contains information useful in promoting quality of life for persons with developmental disabilities. It is not a retailer or vendor of products or services, but uses the theme of a shopping mall to help connect people to the best services and products available.

Sensory Resources www.sensoryresources.com contains resources for raising children with sensory motor, developmental and social-emotional challenges. Lots of links to online resources for sensory integration make this a worthwhile site to visit.

Fatdad's www.geocities.com/heartland/trail/8488 is a website put together by a father in our very own SRC region! It is well worth a visit for the excellent links on a variety of topics, as well as the moving poetry written by Fatdad himself. Warning: If you go there, have Kleenex handy.

PARENT TO PARENT

Sports can be both fun and difficult. I can remember when my daughter first began playing soccer. We were worried about how the other team members would react, but even more about how the other parents would react. We didn't know how they would feel about having a differently-abled child playing on the team. She wasn't going to be able to run as fast as the other children, and she wouldn't always understand the rules. She most likely wouldn't score a lot of points for her team, but we knew that she would try her hardest, and would have team spirit.

After we had a couple of games under our belt, we realized we had nothing to fear but ourselves - kind of like that old saying, "There is nothing to fear but fear itself." The parents were very understanding. They would cheer for our daughter, and encourage her while she was playing. The other team members didn't seem to mind that she was doing things a little differently. She was just another team member to them. We, her parents, were the ones with the problem. All the worrying we did! All the needless concerns we had! All the times we almost talked ourselves out of allowing her to play, just because we didn't know what to expect! We decided if she was brave enough to play, then we should be brave



---Cindy Brotherton,
Parent Policy Partner

enough to allow her to play. In the end, we realized we worried over nothing. We could have missed a great opportunity for our daughter had we listened to our fears.



Wheelchair Clinics

Want to learn more about routine wheelchair maintenance and adjustments? Would you like to have your wheelchair checked out for safety? Need some minor repairs on your wheelchair? **You are in luck!!!** Kenny Rogers Children's Center and Sikeston Regional Center are collaborating to co-host **Wheelchair Clinics!** The first is planned for **Tuesday, February 25, 2003 from 6:00 pm to 8:00 pm; and the second is scheduled for Saturday, March 15, 2003 from 9:30 am to 11:30 am.** Both will be held at Kenny Rogers Children's Center, 300 Floyd Ave. in Sikeston. A third clinic is in the planning stages for the Cape Girardeau area. For more information, to pre-register, or to request a flyer for future clinics, call Tom Berkbighler at 573-472-0397 or Candy Lane at 573-472-5300.

People First

People First is a self-advocacy organization for people with developmental disabilities. The group's main goal is to get the community to see them as people before their disability. Currently there are 3 chapters within our region: Cape Girardeau, Madison Co., and Sikeston. Each chapter works on "their own thing," but always towards the same goal - and they have fun! The Cape Girardeau chapter is currently taking interviews for an advisor. The Madison Co. chapter has just finished a successful fundraiser, and a new one will begin in a few weeks. The goal for both fundraisers is to raise enough money to send members to a statewide joint conference in March. The Sikeston chapter is undergoing a change in officers and will be planning their goals for 2003. Sikeston People First continues to receive funding from the Scott County Senate Bill 40 Board for attending quarterly Missouri People First Steering Committee meetings and the statewide conference. Two of Sikeston's officers were accepted into Partners in Policymaking this year. If you would like to attend a meeting or learn more, contact Gloria Hopkins at (573)472-6518 or (800) 497-4647.

--Tracy DePreist, President
Sikeston People First

Regional Round-Up



Ridin' The Trail Together: AAMR, Missouri People First and Direct Support Professionals have partnered together to present a conference with topics of interest for self-advocates, families, direct support staff and administrators. The conference will be March 12-14, 2003, at Tan-Tar-A Resort in Ozark, Missouri. The conference theme is "Ridin' the Trail Together – We Have Come Too Far to Go Back Now." Early registration is by February 22, 2003; cost is \$75 for members, \$90 for non-members, and \$40 for direct support persons and students. The hotel room rate for this conference is \$85 per night. Call Gloria Hopkins at Sikeston Regional Center, 573-472-5300 or 800-497-4647, if you would like a copy of the flyer. You can also view the brochure or register via Internet at www.moaamr.org

Power Up 2003 Conference and Expo: Missouri Assistive Technology and the Statewide Independent Living Council will sponsor this annual conference and expo on April 7-8, 2003 at the Holiday Inn Select, Columbia, MO. There will be sessions by experts on the following topics: Assistive Technology in Employment; Case Studies, Assistive Technology in the Classroom; Web Accessibility. Learn more by calling 800-647-8557 (voice) or 800-647-8558 (tty), or visit www.dolir.state.mo.us/matp on the web.

2003 National Autism Symposium Mark your calendars for this much anticipated event! It will be held this year on April 2nd, 3rd, and 4th at the University Plaza in Springfield. Brochures are not out yet, but ask your Service Coordinator or call Candy Lane at Sikeston Regional Center if you would like one mailed to you when they are available, or visit the website www.modmh.state.mo.us.

Autism/Asperger's 2003 Conference: Presented by Future Horizons, this two-day dynamic conference will feature Dr. Temple IGrandin as the keynote speaker. It will be held February 20-21, 2003 at Southwest Missouri State University, 901 S. National Ave., Springfield, MO. For more information, call 1-800-489-0727 or visit and register online at www.futurehorizons-autism.com

MOAIDD Volunteer Training will be held February 8, 2003 from 9:30 am – 4:30 pm at Sikeston Regional Center. MOAIDD volunteers visit people who live in group homes or supported living. Teams of 2-3 persons observe an individual's quality of life, make recommendations to the State, and receive reports on how their visits have improved another human life. If you are interested in becoming an active part of changing the quality of life for individuals with developmental disabilities, please plan to attend this training. Lunch and drinks will be provided, and the training is free. For more information, or to call and register, please call Lee or Teri at 1-800-497-4647 no later than Wednesday, February 5.

Educating the Community

MoCAN Volunteers

We are VISTA volunteers for MoCAN. VISTA stands for Volunteers in Service to America; MoCAN is the Missouri Community Advocacy Network. MoCAN is a collaborative effort of the University of Missouri-Kansas City, the Missouri Planning Council, the Missouri Division of MR/DD, and Americorps. As volunteers, we have been trained to present an educational curriculum to community groups, businesses, self-advocates, and support agencies that encourages participants to take a more active role in fostering the inclusion of people with disabilities into society.



We hope to create changes in awareness, attitude, and action through presentations that are educational, interesting, fun and interactive. Whether your group is large or small, we come to you! Training presentations can be given in one session, or broken down into two or more sessions to meet your time needs. Each curriculum

includes skits, exercises, and videos that teach how to show respect in our diverse world.

We're always excited about new opportunities to make presentations. We can help your group or business meet training requirements, and there is no cost involved. Interested? Contact us at Sikeston Regional Center, 800-497-4647, or at the following:

Ruby George: 573-472-6539 (work) or email

msgeorr@mail.dmh.state.mo.us

Tracy DePriest: 573-472-6506 (work) or email

msdeprt@mail.dmh.state.mo.us

- Ruby George, MoCAN Volunteer

Picture This Man

Mark Townsend is a 36-year-old male who enjoys drawing and painting. According to him, he has been doing both since his days at New Dawn State School. Mark now spends his days in a pretty relaxed atmosphere and almost any time you pop in to see him you will catch him drawing or painting – just as I did today when I made my unannounced stop, and found him drawing a bulldog for a friend. Mark enjoys drawing all animals as well as Santa Claus. (Check out Mark's picture with some of his work.) His work was displayed last April when the Region IX Council held their arts and crafts show in the Westfield Shopping Town Westpark in Cape Girardeau.

During my discussion with Mark, I discovered he has bigger dreams, unrelated to drawing and painting. He wants to move to Sikeston and get a job working in a tool shop. He enjoys handling tools and says he is familiar with the difference between them. He says he wants to earn money and make his own way. I would say that is a pretty good dream.

-Lee Trankler, Reg. IX Council

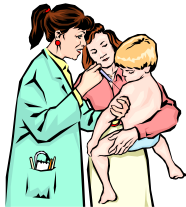


Child Passenger Safety Check

Find out how safe your child really is when riding in your family car!!

FORD GROVES - CAPE

Saturday, February 15, 2003



Vaccines and Autism

The Discussion Continues...

One evening recently (December 10th to be exact), my husband called my attention to something he found on CSPAN2. He is very aware of my interest and concern over the relationship between vaccines and autism, ADD/ADHD, auto-immune disorders, etc. so he was quick to call me in to watch a Congressional hearing totally devoted to the issue of vaccines and autism. I watched and listened intently as Representative Dan Burton (R) of Indiana, Chairman of the House Government Reform Committee, questioned a panel of researchers. Renowned experts on the topic at hand, Dr. Walter Spitzer (McGill University Epidemiology Professor Emeritas), Dr. Mark Geier (Genetic Consultants of Maryland), and Dr. David Baskin (Baylor College of Medicine, Neurological Surgery Professor), traced the history of noted increases in autism and referred to over 1,500 research based articles which have called for attention to the issue. The issue is largely the mercury based thimerosal in vaccines.

Rep. Burton, along with Rep. Weldon of Florida and Rep. Green of Texas, questioned a second panel as well. This panel included Dr. Karen Midthun of the FDA and Stephen Foote of NIMH. The direct and pointed questions of the Committee were never answered to Rep. Burton's satisfaction.

It is important to note that Rep. Burton is well studied in the topic as it has touched him directly. His own grandson developed autism almost immediately upon receiving a round of several "typical" childhood vaccinations in one day, per a schedule commonly accepted and practiced.

Vaccines, once only a few and spread out over time, are now often administered in a schedule that is not considered safe, according to some of the recent research. Infants receive their first vaccines before they leave the hospital. At this early age they are still developing the blood-brain barrier which could help them fend off the toxic effects. Mercury is the second most toxic element on earth, second only to plutonium. The tiny amount of mercury in one mercury thermometer is enough to pollute a small lake. You can also check on the thimerosal content in U.S. licensed vaccines and read more on this at www.vaccinesafety.edu and www.autism-mercury.com/vaccines.htm.

Since 1999 the FDA began encouraging manufacturers to remove thimerosal from vaccines. Some complied, some did not. Most vaccines manufactured today do not contain thimerosal, or contain "only a trace," but there are still many of the older products on the shelf... that was part of the reason for using thimerosal, the product has a longer shelf life.

Dr. Amy Holmes, an M.D. in Louisiana, is a leading expert in issues of mercury toxicity and your doctor may call her at 225-767-7433 to consult with her or receive a faxed copy of her protocol. Be sure to see her article on Autism

Treatments. Chelation of Mercury at www.healing-arts.org/children/holmes.htm.

The current figure of 1 autistic infant in 150 is now widely documented, and rising. Three days in particular can be noted as toxic for infants: Day of Birth (Hep B...12 mcg mercury...30 times the "safe" level); 4 months (DTaP and HiB on same day...50 mcg mercury...60 times the "safe" level); 6 months (Hep B, Polio... 62.5 mcg mercury... 78 times the "safe" level). In addition, at 15 months the child receives another 50 mcg (41 times the "safe" level. Mercury in vaccines (in the form of thimerosal) is 50 times more toxic than "plain old mercury" because injected mercury is more toxic than ingested, there is no blood-brain barrier in infants, mercury accumulates in brain cells and nerves, infants don't produce bile, which is necessary to excrete mercury. Thimerosal becomes organic mercury. For more information, check www.mercola.com/2001/feb/24/autism_mercury.htm, where you should find a history of the issue in Dr. Joseph Mercola's summary of an article by Tim O'Shea, DC. Please also note that this article again refers readers to Dr. Stephanie Cave's work. Dr. Cave wrote the book I suggested in the last newsletter, *What Every Parent Should Know About Childhood Vaccinations* (though I think I called it "What Your Doctor May Not Tell You..."). At any rate, the book offers alternate vaccination schedules that could be worth considering.

There is also a "chat" group at <http://groups.yahoo.com/group/Autism-Mercury/> which exists to discuss these issues. You have to sign in to participate, but if you have an interest in the topic, it could provide contacts who can refer you to more resources.

Part of the reason for this follow-up article is the questions that the Pichechero Study have raised. Keep in mind that this Danish study evaluated 33 young children (a rather small sample) and that the researcher has well documented ties and has been well funded by the manufacturers of the vaccines in question. You can read more about this study at www.autismsocietyofberks.org/pages/mercury2.html. Through the Autism Society of America Berks County, PA-thimerosal/mercury website you can also find information about the mercury in dental amalgams. There are mercury issues in dentistry as well.

There is an abundance of information available as you navigate the material offered at www.autism-mercury.com. Be sure to check out the house testimony of Lyndelle Horne Redwood before the Government Reform Committee, July 18, 2000.

One last thing, for now, for a list of DAN! Doctors (doctors with particular training in protocols related to autism treatment) go to www.cgiworker.com/danlist/danlist.html.

--Royce Ann Kessell,
Service Coordinator
Sikeston Regional Center

Shake it!! Move It!! Have Fun!! Shape Up!!

Sports and Recreation in Southeast Missouri

Check out these great resources for sports, recreation and exercise. Then try one! You'll feel better, look better and be healthier!



NO EXCUSES!



According to the **National Center on Physical Activity and Disability**, "physical activity is for every BODY." This organization provides information on recreation, resources and exercise technologies to encourage people with disabilities to remain active. There is also a monthly email newsletter available. Visit their website at www.ncpad.org or call 1-800-900-8086.



The President's Challenge Active Lifestyle Program

The President's Challenge is the Physical Activity and Fitness Awards Program of the President's Council on Physical Fitness and Sports (PCPFS). Be physically active on a regular basis and earn a Presidential Active Lifestyle Award. For more information about the program go to www.fitness.gov.

"FUN!! AWESOME!!"



Judging from participant comments, the recent Marshall Arts Program led by Alan Williams, a licensed physical therapy assistant at Jackson Physical Therapy, was a resounding success. Fifteen people, ages 9 to 52, participated in the eight-week course held at SEMO Alliance for Disability Independence (SADI) in Cape Girardeau. The class was geared to those who have physical, cognitive or sensory integration disorders.

"They don't spar or knock each other down," say the parents. "Matthew really looks forward to the classes," says his dad, adding that the stretching and controlled movements of Karate have benefited Matthew's muscle control. It's obvious from watching Matthew and his classmates interact that they are all enjoying themselves and making new friends at the same time!

A new, ongoing class, also to be held at SADI, is now forming. To find out more, or to sign up, call Mr. Williams at 573-243-1001.

RAC RAP

Happy New Year! Welcome to 2003. As we look forward to a new year, what do we anticipate it will bring? Challenges? Opportunities? I'm sure there will be plenty of both. On Saturday, January 4, several families had an opportunity to sit down with area Legislators to discuss the services their families receive from the Sikeston Regional Center. Budgets were discussed, and service needs were expressed. This was a chance for families to impact area Legislators on a budget they will be making decisions on, beginning in

January. The final decision on the budget will not be made until May.

Challenges will be faced by many, from our Legislators, to Regional Center staff, to parents. I encourage all of you to pay close attention to the Division's budget between January and June. Your action or reaction to it could help shape the services the Regional Center has to offer. This year, set your fear aside and resolve to help make a difference by becoming an advocate, not only for your child, but for all people with disabilities.

On a personal note - the Region IX Council and I would like to extend our deepest sympathy to the family of Audrey Newkirk, who passed away December 13, 2002. Audrey was the Director of the Metropolitan Council on Developmental Disabilities in Kansas City for 16 years, and spent her entire career advocating for people with disabilities. She has been a good friend and mentor to me, and will be greatly missed by all of those she touched.

-- Lee Trankler
Region IX Council



Funding for Prescription Medications

For those who meet the qualifications and are willing to fill out a few forms, the following resources could save them money on prescriptions needed to stay in good health.

Missouri SenioRx www.missouriseniorx.com For Missouri seniors who are 65 and older, this program offers funding assistance of up to 60% of the cost of each prescription. Applications for 2003 may be picked up at your pharmacy, at your Area Agency on Aging, or printed from the above website. There is an enrollment fee and a deductible will apply. The deadline for applications is February 28, 2003, and benefits begin July 1, 2003.

Needy Meds www.needymeds.com is not a program, but an information source for a variety of patient assistance programs. Applications for several programs are available on this website, as well as information about the programs and guidelines. Check out the Drug List, Program List and Pharmaceutical Discount Card Comparison chart.

Rx Assistance www.rxassist.org On this website, health care providers can find details on pharmaceutical companies' patient assistance programs that provide prescription drugs for free or at a minimal charge.

Rx Hope www.rxhope.com is a free service for patients who are unable to afford their medications and do not have prescription insurance or qualify for government-funded programs.

Together Rx www.together-rx.com is a prescription card that offers a discount of 10-40% off the cost of medication for seniors. There are about 150 drugs offered at these reduced prices. For more information, visit the website or call their toll free phone number: 1-800-865-7211.

Weight To Go

KUDOS to the Tilsit 4-H group in Jackson. The group, led by Cathy Golden, Community Leader, and Shirley Aufdenberg, Project Leader, has made weighted blankets, which were donated to the Sikeston Regional Center for distribution. The blankets, used for people with autism, serve as a way to calm someone who has become overly agitated. The group put the blankets together at Shirley's house on December 20 and added the weight to them at their meeting on January 2. Approximately 40 people, members and parents, turned out to finish the blankets. Thirteen blankets are available from the Regional Center at no charge. The Tilsit group collected donations to make the blankets and anticipate finishing another 25 blankets. Be sure to take a look at the picture with this story.

Thank you 4-H'ers for a job well done! If anyone would like more information on the blankets or wants to know how to get one, please call Candy or Lee at 1-800-497-4647.



Free Braille Calendar through the courtesy of the American Action Fund for Blind Children and Adults. Call 1-410-659-9315.

Quest for the Code from Starbright is a CD ROM game for kids ages 7-15 who have **asthma**, as well as their families, professionals who treat them, and schools. Stop the pesky villains! Perfuma, Smokita and General Robo-Roach are some of the characters played by real celebrities like Shaquille O'Neal, Glenn Close, Whoopi Goldberg and General H. Norman Schwarzkopf! Each CD contains an English and Spanish version of the game and comes with a parent guide. Also available free to children and teens with **diabetes** and their families is a Diabetes CD-ROM game. Learn about diabetes and how to manage it as you help small alien XLO get back to his planet with this action and adventure game! Visit www.starbright.org to order.

DIRECTOR'S CORNER

Lemonade, Anyone?

Missouri's budget challenge is not a revelation to anyone who listens to the nightly news. What awesome responsibility rests with our leaders who must make the hard decisions.

Our impulse is to be critical when we hear about layoffs, a skilled nursing unit closing, and other dramatic cost-saving measures. We must understand that these decision-makers are in their places because they are capable, well-meaning people. No one relishes having to give notice that some fellow citizens are losing their jobs.

The news that some of Missouri's Regional Centers are "blending" administrative staff came as a blow to long-time workers who were affected by the action. I want you to know that I have come to respect the sensitivity, heartache, and common "horse sense" that crafted that outcome.

Dr. Ann Deaton, Director of the Division of Mental Retardation and Developmental Disabilities, anguished over that decision. She was given a very short timeline to submit a cost-saving strategy. Her commitment to have the least direct impact on the consumers of our services was foremost on her thinking. Her choices were very limited.

Dr. Deaton relied upon what she had learned from her staff, from her visits around the state, from agencies and

organizations who offered insights "the last time around". She had promised to review the entire service delivery system, with a look at reform and reorganization. Then, there was the bill offered in the House last session that would reduce the number of Regional Centers statewide. Yet the people we support have needs. Many of those needs go beyond current resources. What was to be done that would produce the least amount of pain?

Some of my good friends and colleagues of many years are affected – people who had devoted their professional careers to the causes, concerns, and needs of individuals with disabilities – people who experience courage, empathy, and grit have enhanced the lives of many. I know they hurt. But I also know that they are survivors with many skills, talents, and fortitude. Without these attributes, they would not have been such successful givers. Missouri is a better place because of their contributions.

Ann Deaton has pledged to make every effort to retain this experience and dedication wherever it is possible. Options are being explored. She fears that our hard decisions may not end here, that more anxiety may lie ahead. She also understands the human spirit – and how good people react when life hands them lemons.

-- Lynn Feeler, Director



NEWS YOU CAN USE

--Candy Lane, Community Resource Coordinator

Cross Trails Medical Center

Cross Trails (CTMC) is a Community Health Center that provides affordable quality primary health care "without regard to age, race, creed, disability or economic status." Cross Trails accepts Missouri Medicaid. A sliding fee formula is used to determine the availability of reduced charges to patients who qualify. The amount of discount is based on the number in the family and the average monthly income of the family. CTMC is located in Cape Girardeau, with outreach clinics in Advance and Marble Hill. For more information or to make an appointment, call:

Cape Girardeau: 573-332-7842, 573-339-7945 or 573-332-0808

Marble Hill: 573-238-2725 or 573-238-3369

Advance: 573-722-3034 or 573-722-3593

New!! CTMC now offers **dental services** at the Marble Hill facility. A dental hygienist is regularly available for cleaning, and a dentist is available one day per week (Friday.) Call 573-238-2725 for an appointment. Plans are in place to expand this service, so now is the time to establish yourself as a CTMC dental patient. Visit Cross Trails on the "Net" at www.crosstrails.us.

SCHOLARSHIPS and AWARDS

Kids' Chance, Inc. of Missouri is a nonprofit corporation with the purpose of providing financial scholarships to children of workers who have been seriously injured or killed in Missouri **work-related** accidents. The injury or death must be compensable under Missouri Workers' Compensation Law and the child must be between the ages of 16 and 25. Applications are accepted at any time and awards are made throughout the year, as funds are available, to any accredited vocational school or college within the United States. The scholarship may cover tuition, books, supplies, housing, meals and other expenses. For more information, contact Kids' Chance, Inc. of Missouri, P. O. Box 1862, Jefferson City, MO 65102-1862 or call 1-800-484-5733, extension 5437.

No Child Left Behind

Learn the basics of the *No Child Left Behind Act of 2001* on this federal website, <http://www.nochildleftbehind.gov/>. It also includes tools to help your child learn, homework and reading tips, and information on policy and legislation.



Ohhh, That Special Smile!

Maintaining good oral health should be a priority for everyone, but parents and caregivers often encounter a daily challenge when it comes to routine dental care for children and adults who have special needs. Two organizations offer tips that could make it easier to meet those challenges and ensure good oral hygiene.

Special Olympics Special Smiles at www.specialsmiles.org offers a free online booklet with information, suggestions and adaptations to assist parents and caregivers. If you do not have access to the Internet and would like a copy of this booklet, contact Candy Lane at 573-472-5300 or 800-497-4647 to receive one by mail.

The National Oral Health Information Clearinghouse has two free booklets available, "Oral Health Care for People with Developmental Disabilities" for caregivers, and "Oral Conditions in Children with Special Needs: A Guide for Health Care Providers" for dentists. They can be ordered through the NOHIC website www.nohic.nidcr.nih.gov or by mail from National Oral Health Information Clearinghouse, 1 NOHIC Way, Bethesda, MD 20892-3500.

An article entitled "*Developing Practical Protocols to Enhance Dental Care for Persons with Special Needs*" was written by Helena Haddad, RN, a nurse consultant with the Oregon Department of Mental Health. It suggests that the "best time to brush with fluoride toothpaste is upon awakening and before eating...Using xylitol lozenges or gum right after eating helps promote dental good health...and...Chlorhexidine Gluconate (CHG) is an antimicrobial mouth rinse that has been shown to reduce incidence of severity of gingivitis, periodontal disease and dental caries." For a copy of the complete article, contact Candy Lane at the above numbers.

Visit Sikeston Regional Center's Website at: <http://www.modmh.state.mo.us/sikeston/index.htm>

Information on alternative treatments, resources, and products is provided in this newsletter as a service to families, and does not reflect the endorsement of the Sikeston Regional Center or the Missouri Department of Mental Health. Families should always consult with their doctors and therapists before trying any new product or treatment.

Beyond Barriers is a newsletter published quarterly by Sikeston Regional Center, P.O. Box 966, 112 Plaza Drive, Sikeston, MO 63801

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SPRING ISSUE to be published April 30, 2003

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